

2BeefStew40

Number of Servings: 40 (267.72 g per serving)

Amount	Measure	Ingredient
8.00	lb	Beef, stew meat, lean, ckd
3.00	qt	Water, municipal
4 3/4	tsp	Salt, table, iodized
1.00	tsp	Spice, bay, leaves, ground
4 3/4	tsp	Base, beef, rstd, low sod, 0344, FS
1.00	tsp	Spice, pepper, black
9 1/2	Tbs	Sauce, worcestershire, low sod
2 1/2	qt	Potatoes, peeled, ckd, diced
2 1/2	qt	Carrots, fzn, slices
2 1/4	cup	Onion, white, fresh, chpd
2 1/4	cup	Celery, fresh, diced
2 1/4	cup	Flour, all purpose, white, bleached, enrich
3 1/4	cup	Water, municipal
2.00	lb	Peas, green, fzn

Nutrients per serving

Nutrition Facts			
Serving Size 1 c (268g)			
Servings Per Container			
Amount Per Serving			
Calories 230	Calories from Fat 60		
		% Daily Value*	
Total Fat	7g		11%
Saturated Fat	2.5g		13%
Trans Fat	0g		
Cholesterol	55mg		18%
Sodium	410mg		17%
Total Carbohydrate	21g		7%
Dietary Fiber	3g		12%
Sugars	4g		
Protein	21g		
Vitamin A	80%	Vitamin C	15%
Calcium	4%	Iron	15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate	Less Than	300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

Brown beef in kettle or oven.
Add first measure of water and seasonings to meat.
Cover and simmer until tender, about 2 hours. Add more water if necessary.
Cook vegetables until tender in small amount of water..
Mix flour and water until smooth. Stir into meat and cook until thickened.
Add vegetables and bring to 180 degrees F.

Serve 1-1 1/8 c. portion with 8 oz ladle. 1 portion = ~ 2 1/2 oz EP meat and 3/4 c (1 1/2 serv) vegetables.

21 g CH0 = 1 1/2 Carb servings

Notes

Potentially Hazardous Food. Food Safety Standards: Hold food for service at an internal temperature above 140 degrees F.
IF WHOLE BAY LEAVES ARE USED BE SURE THEY ARE REMOVED BEFORE SERVING TO PREVENT CHOKING POTENTIAL.